

October 7, 2013

The Honorable Hugh D. Crawford
Chairman, House Regulatory Reform Committee
Michigan House of Representatives
887 House Office Building
Box 30014
Lansing, MI 48909

Re: American Medical Association support for Michigan House Bill 4405

Dear Chairman Crawford:

On behalf of the American Medical Association (AMA), and our physician and medical student members, I am writing to express our support of House Bill (H.B.) 4405, legislation that will prohibit the use of tanning devices by minors under the age of 18. The AMA has long advocated for strict laws to prohibit minors' purchase and use of indoor tanning beds and sunlamps. We applaud the Michigan legislature for considering this important public health measure.

The hazardous effects of ultraviolet (UV) radiation are undisputed: skin cancer formation, premature aging of the skin, cataract formation, impairment of the immune system, photosensitizing reaction with various drugs and initiation and/or aggravation of certain systemic diseases. In fact, the toxic effects of excessive exposure to UV tanning bed radiation were confirmed recently when the International Agency for Research on Cancer re-categorized tanning bed radiation as a Group 1 agent "carcinogenic to humans." This places tanning bed radiation in the same category as tobacco and tobacco smoking, mustard gas and plutonium among other carcinogenic agents.¹ In addition, the Food and Drug Administration (FDA) has ruled that tanning rays are carcinogenic agents and the World Health Organization has recommended that no one under the age of 18 use tanning beds and sunlamps.²

Despite the evidence about the hazards of indoor tanning, 30 million Americans visit tanning salons each year, and more than one million Americans use indoor salons every day.³ Indoor tanning has been associated with a 75 percent increase in the risk of melanoma, the deadliest form of skin cancer.⁴

¹ IARC Working Group. Special Report: Policy; A review of human carcinogens –Part D: radiation. *Lancet Oncology* 2009; 10: 751-52.

² Artificial tanning sunbeds: risks and guidance / prepared by Craig Sinclair ISBN 92 4 159080 7
<http://www.who.int/uv/publications/en/sunbeds.pdf>

³ Kwon HT, Mayer JA, Walker KK, Yu H, Lewis EC, Belch GE. Promotion of frequent tanning sessions by indoor tanning facilities: two studies. *J Am Acad Dermatol* 2002;46:700-5.

⁴ The International Agency for Research on Cancer Working Group on artificial ultraviolet (UV) light and skin cancer "The association of use of sunbeds with cutaneous malignant melanoma and other skin cancers: A systematic review." *International Journal of Cancer*. 2007 March 1;120:111-1122

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More alarmingly, the use of indoor tanning beds is extremely common among teenage girls and the rates increase with each year of adolescence. A study conducted in 2011 shows that indoor tanning rates among 14-, 15-, 16-, and 17-year-old girls are 8.5%, 13.6%, 20.9%, and 26.8%, respectively.⁵

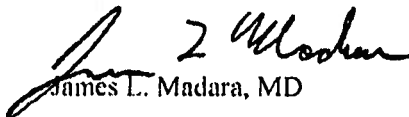
Many experts believe this is why skin cancer is the most common form of cancer for young adults 25 to 29 years of age and the second most common form of cancer for young people 15 to 29 years of age.⁶

Finally, research published in the *Archives of Dermatology* shows teenagers have alarming access to artificial UV radiation even in states with parental consent and accompaniment restrictions.⁷ This study adds to the mountain of evidence that indoor tanning should be restricted for those under 18 years of age. Regardless of the current parental consent and accompanying restrictions in some states, this study shows young people have alarming access to artificial UV radiation, more than double the FDA's recommended limit for first-week frequency.

The science is clear: tanning beds and lamps are hazardous to health and especially dangerous for those under 18 years of age. State laws requiring parental permission to allow minors to use tanning salons are ineffective. Nothing short of a ban on indoor tanning for minors will protect them from this cancer-causing behavior.

In closing, we thank you for your consideration of our views on this issue and hope that this background information is helpful in your deliberations on H.B. 4405. If you need further information, please contact Carrie Armour, JD, Senior Legislative Attorney, Advocacy Resource Center, at carrie.armour@ama-assn.org or (312) 464-4039.

Sincerely,



James L. Madara, MD

cc: Steve Japinga

⁵ Mayer JA, Woodruff SI, Slymen DJ, Sallis JF, Forster JL, Clapp EJ et al. Adolescents' use of indoor tanning: a large-scale evaluation of psychosocial, environmental, and policy-level correlates. *Am J Public Health* 2011;101:930-8.

⁶ Cancer Epidemiology in Older Adolescents & Young Adults. SEER AYA Monograph Pages 53-57.2007

⁷ Archives of Dermatology: Youth Access to Artificial UV Radiation Exposure
September 18, 2009 , ARCH DERMATOL/VOL 145 (NO. 9), SEP 2009 WWW.ARCHDERMATOL.COM